

Section 3—Grains/Breads

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PASTA (continued)					
Pasta (Group H) <i>Shells</i> <i>Large size</i> <i>(for stuffing)</i> <i>Dry</i>	Pound	25.3	1/4 cup cooked (about 2 shells)	4.0	1 lb dry = about 10-7/8 cups dry large shell pasta
	Pound	12.6	1/2 cup cooked (about 4 shells)	8.0	1 lb dry = 2.27 lb (about 6-1/3 cups) cooked pasta shells boiled 14 minutes
Pasta (Group H) <i>Shells</i> <i>Medium</i> <i>Dry</i>	Pound	26.7	1/4 cup cooked	3.8	1 lb dry = about 6 cups dry medium shell pasta
	Pound	13.3	1/2 cup cooked	7.6	1 lb dry = 2.53 lb (about 6-2/3 cups) cooked pasta
	Pound	8.93	3/4 cup cooked	11.2	1/4 cup cooked = about 17 shells boiled 12 minutes
Pasta (Group H) <i>Spaghetti</i> <i>Regular</i> <i>Dry</i>	Pound	21.2	1/4 cup cooked <i>al dente</i>	4.8	1 lb dry = about 3-1/4 cups dry spaghetti pieces
	Pound	10.6	1/2 cup cooked <i>al dente</i>	9.5	1 lb dry = 2.37 lb (about 5-1/4 cups) <i>al dente</i> cooked pasta (boiled 8 minutes)
	Pound	7.06	3/4 cup cooked <i>al dente</i>	14.2	
Pasta (Group H) <i>Spiral (Rotini)</i> <i>Dry</i>	Pound	33.8	1/4 cup cooked	3.0	1 lb dry = about 5-3/8 cups dry spiral pasta
	Pound	16.9	1/2 cup cooked	6.0	
	Pound	11.2	3/4 cup cooked	9.0	
Pasta (Group H) <i>Wagon Wheels</i> <i>Medium size</i> <i>Dry</i>	Pound	31.1	1/4 cup cooked	3.3	1 lb dry = about 5 cups dry wagon wheel pasta
	Pound	15.5	1/2 cup cooked	6.5	1 lb dry = 2.79 lb (about 7-3/4 cups) cooked pasta boiled 12 minutes
	Pound	10.3	3/4 cup cooked	9.7	